

COUNTRY CLUB GROUP CALENDAR (effective 9/24/19)

	Monday	Tuesday		Wednesday	Thursday	Friday
<i>Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.</i>						
9:30	Women in Recovery (Kimberly - Roadrunner) <i>Women's Gender Specific</i> IOP 9:30-11:00AM	Domestic Violence (Clayton - Gila) <i>Women's Gender Specific</i> 10:00 – 11:30AM		**SMART (Leslie - Roadrunner) IOP 9:30 – 11:00AM	Thinking for a Change (Juanita - Coyote) <i>Women's Gender Specific</i> 9:30 – 11:00AM	Healthy Relationships (Kimberly - Gila) IOP 9:30 – 11:00AM
10:00						
10:30						
11:00	Substance Abuse Education (Leslie - Roadrunner) IOP 11:15AM – 12:30PM	Parenting & Pathways (Cynthia - Gila) 12:00 – 1:30PM		**Relapse Prevention (Katrina and Juanita - Roadrunner/Gila) IOP 11:30AM – 1:00PM	Domestic Violence (Amber - Gila) <i>Women's Gender Specific</i> 11:30AM – 1:00PM	Seeking Safety (Lauren - Gila) IOP 11:30AM – 1:00PM
11:30						
12:00						
12:30	Grief & Loss (Katrina - Roadrunner) IOP Elective 12:45-2:15pm	Healthy Relationships (Kimberly - Gila) 1:30 – 3:00PM		Parenting & Pathways (Cynthia - Gila) IOP Elective 1:00 – 2:30PM		
1:00						
1:30						
2:00	Lose the Blues & Anxiety ***Starting October 21st (Clayton - Gila) 2:30-3:30PM					
2:30						
3:00						
3:30				Healthy Choices Ages 12-17 (Cynthia - Gila) 3:00-4:00pm	*I Thought It Was Just Me. Shame & Trauma (SACASA) (Amber - Roadrunner) 3:00 – 4:30PM	
4:00						
4:30						
5:00		Seeking Safety (SACASA) (Amber - Roadrunner) 4:30 – 6:00PM	Kids' After School Blast! Ages 6-12 (Gila) 4:00 - 6:00PM	Manage Your Emoji Ages 6-12 (Clayton-Gila) 5:00-6:00PM		Kids' After School Blast! Ages 6-12 (Gila) 4:00-6:00PM
5:30						
6:00						
				Seeking Safety – Family Ages 12+ ***Resuming October 24th (Clayton - Roadrunner) 5:00 – 6:30PM		



* Requires a referral. Please see your Recovery Coach. ** Members should attend either Relapse Prevention OR SMART, talk to facilitator or Recovery Coach to determine best fit. | Updated 9/24/19
 Intensive Outpatient (IOP) requires to attend all designated groups and 1 designated "elective." | Gender specific groups are for individuals who identify as female, and focus on female-specific issues.

GROUP DESCRIPTIONS

IOP/ADULT GROUPS

(Non-IOP mbrs can still attend IOP groups. Adult groups can be attended by IOP mbrs)

IOP: Women in Recovery	Using a gender-specific approach, this group addresses: Self, Relationships, Sexuality, and Spirituality. It addresses addiction, developing a deeper understanding of self, learning positive self-soothing skills, developing a sense of safety for trauma survivors, and fostering empowerment for healthier decisions.
IOP: Seeking Safety	Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative.
IOP: Substance Abuse Education	This educational group teaches how drugs and other substances impact the brain and body. Topics include the history of drugs, social and legal influences, short and long term effects of use on the body and brain, withdrawal, drug interactions, etc.
IOP/ADULT: Healthy Relationships	In this group, members explore the relationships in their life, including the relationships they have with themselves. We discuss the impact that our families of origin have had on our lives and on our current relationships. We also discuss codependency, sex and love additions and how to set healthy boundaries.
IOP: SMART Recovery	This group aims to support individuals who have chosen to abstain, or are considering abstaining from any type of addictive behaviors by teaching how to change self-defeating thinking, emotions & actions and work toward long-term satisfaction and quality of life.
IOP: Relapse Prevention	Teaches skills that are vital to staying in recovery from addictions; explore new ways of handling challenges involved with long-term sobriety and alternative behaviors to prevent drug and alcohol relapse.
IOP: Thinking for a Change (T4C)	T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking. It stresses communication skills & confronts thought patterns that can lead to problem behaviors.
IOP ELECTIVE/ ADULT: Parenting & Pathways	This group utilizes the evidenced based model, STEP (Systematic Training for Effective Parenting), providing valuable tools to improve communication among family members and lessens conflict. For DCS involved women, this group also teaches about effective communication, dependency rights & expectations for going through the system.
IOP ELECTIVE: Grief & Loss	Feelings of grief and loss can come about in many different scenarios, whether that is from quitting substances, losing a loved one, losing a job, or ending a relationship. This group focuses on ways to overcome those hard times life gives us.
ADULT: Lose the Blues & Anxiety	Using a whole health, integrated approach this group focuses on decreasing depressed and anxious mood and increasing valued action. Starts October 21, 2019.
ADULT: Domestic Violence – Women Only	This is a psycho-educational group facilitated by a therapist that focuses on the dynamics of domestic violence, learning alternatives to abusive behavior, changing our attitude all abuse, and the prevention of future violence. Open to abusers and abused. *This is not a certified DV course; check with probation/court orders prior to taking this

*GROUPS FOR SEXUAL ASSAULT SURVIVORS

*Seeking Safety	Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative.
*"I Thought It Was Just Me" Shame and Trauma	This process group explores the work of Brene Brown and focuses on building self-love, belonging, resiliency and authenticity in recovery from PTSD. Questions that the group centers around include: What is shame? Can you recognize your shame triggers? What is shame resilience? Do you know the power of empathy? How do you cope? How can you reach out to people for help?

CHILD AND FAMILY GROUPS

Healthy Choices – ages 12-17	Using the University of Arizona's SIROW Hey curriculum, this group is an 8 week interactive curriculum that covers the topics of self-esteem, puberty, sexual/reproductive anatomy & physiology, HIV/AIDS, STIs, safer sex protection methods, relationships and communication.
*Seeking Safety for Families – ages 12+ Resumes October 24, 2019.	Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative.
Kids' After School Blast – ages 6-12	In this group kids will have the opportunity to learn positive homework habits, healthy eating, wellness, teamwork, coping skills for emotional regulation, and age appropriate interpersonal skills.
Manage Your Emoji– ages 6-12	Using art therapy and experiential techniques, this group is designed to help kids learn effective communication and identify and regulate their emotions. Also supports positive interpersonal skills.